

# Bedtime Prayer

Updated September 11, 2023



I am getting a good rest and I am waking up well rested no matter what the night holds. I claim that I am waking up in 5D. I am setting up an energetic Faraday cage around my bed, and around my body for the next 24 hours to eliminate any EMF or any other energies inappropriate for life.

I am entering a REVERSE AGING machine that is already set up for me. I am emerging younger; my new age is \_\_\_\_\_. I am pain free, disease free, negative energy free and healthy each day. I am opening my pineal gland to distribute my pineal gland energies throughout my body in a torus formation – this helps me relax into the energies the Earth is going through.

I am my ascended master self, right here, now in the physical, I am ascended master, (insert your name.) I am the version of me that is already ascended.

I now activate my Genesis Cells.

I command my Genesis Cells to activate NOW. (3X)

I now command my entire DNA system to support this activation of my genesis cells throughout all times and all dimensions and all of my selves.

I now command bolts of God's crystalline light to blaze in, through and around, my self-healing DNA strands, and to wake up and phase up to where I am. To cleanse, heal, activate and integrate them into my DNA structure, allowing them to expand and grow. This will speed up the self-healing process, and allow them to serve me where I am.

I let go and release all of my prior genetic programming. I command my higher self to locate the highest vibrational frequency that my body has ever had. I command my higher self to locate, energize and reattach it. I command my higher self to connect to my DNA and to each of my 64 codons that make up the full spectrum of my DNA to increase to their highest frequency. I open my heart to receive the highest DNA activation possible.

I now command my Higher Self assist me in rearrange my molecules to harmonize with my new awareness and understanding of time and space. This allows me to shift dimensionally with grace and ease. This permits me to: move my awareness beyond my current dimension, to allow my focus in more than one dimension and to remember my experiences.

I am happy, healthy wealthy, and wise. I am grateful for this great day, great opportunities, and great friends. I am grateful for every good thing coming my way!